

GRATITUDE WORKSHEET

Appreciating all the positive things in life can help increase happiness and decrease stress.

Work through each focus below and list things for which you are grateful.

OVERLOOKED BLESSINGS

Did you know that 2.4 billion people in the world — one in three — do not have adequate bathroom facilities? 63 million people in the world — one in ten — do not have clean water. Happiness comes from life's smallest appreciations and gratitude for the things that have been taken for granted. What overlooked blessings do you have to be grateful for?

HEALTH & WELLNESS

Health comes in many shapes and forms. It's important to keep your overall wellness as a priority. Having a healthy relationship with yourself sets you up to have healthy relationships with others. What are you grateful for in terms of your health and wellbeing?



more ➡
gratitude...



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EXTRACURRICULAR... IT'S NOT JUST IN SCHOOL.

Remember back in school when you made it a priority to tend to your extracurricular activities? Making time for a football game or squeezing in one more band practice? The same goes for your extracurriculars as an adult. Whether it's the simple things like preparing a wholesome meal, admiring a sunset, or sharing good news with a lifelong friend, it is these brief moments of joy that go overlooked. So stop for a moment, and think, what simple joys are you grateful for?

RELATIONSHIPS & PARTNERSHIPS

Relationships bring the biggest joys to our lives. From personal to professional and even with furry friends, the connection we have with others is a big part of our happiness. Studies have shown that friendships boost not only happiness, but overall health. Who are you grateful for in your life?

DOWN TO BUSINESS

Much of our time is spent on our professional endeavors. We work hard in order to be able to enjoy the fruits of our labor. Sometimes the joy and passion of our profession can be overtaken by the daily stresses that come with it. Take a moment and circle back to the good. What about your profession are you grateful for?

Now that you have thought intentionally about what you are grateful for, take some time and use the next page to write down your intentions moving forward. Will you make time to connect with loved ones? Stow away the phone at a certain time? Set an alarm to go for a walk? Whatever your realizations from this worksheet, we hope that it helps set your path for true happiness in the future.



Happy Thanksgiving, Friend!

